

Effectiveness and quality of life impact of percutaneous tibial nerve stimulation in adults with overactive bladder syndrome

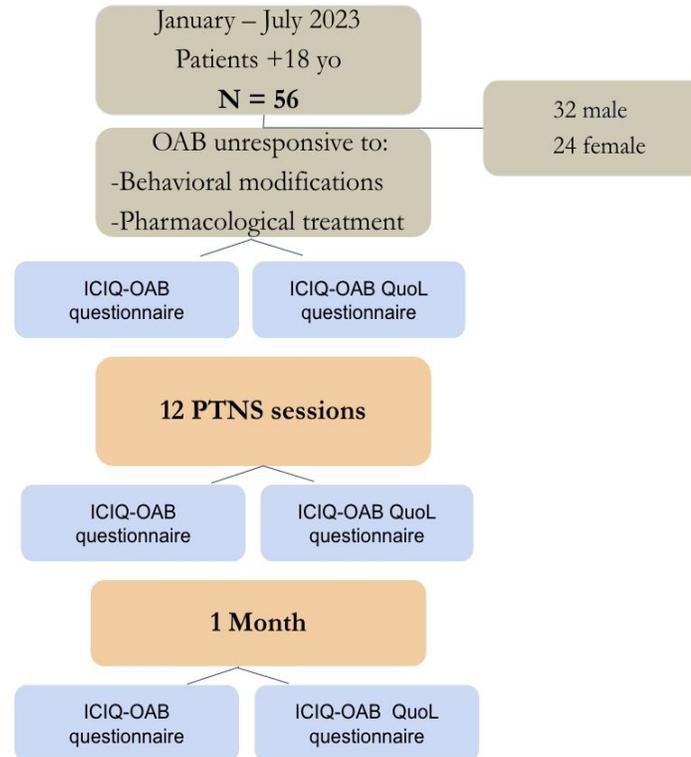
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Aims of study

-To evaluate the effectiveness of percutaneous tibial nerve stimulation (PTNS) in reducing overactive bladder (OAB) syndrome symptoms and its impact on quality of life (QoL) using the ICIQ-OAB and ICIQ-OAB QoL questionnaires.

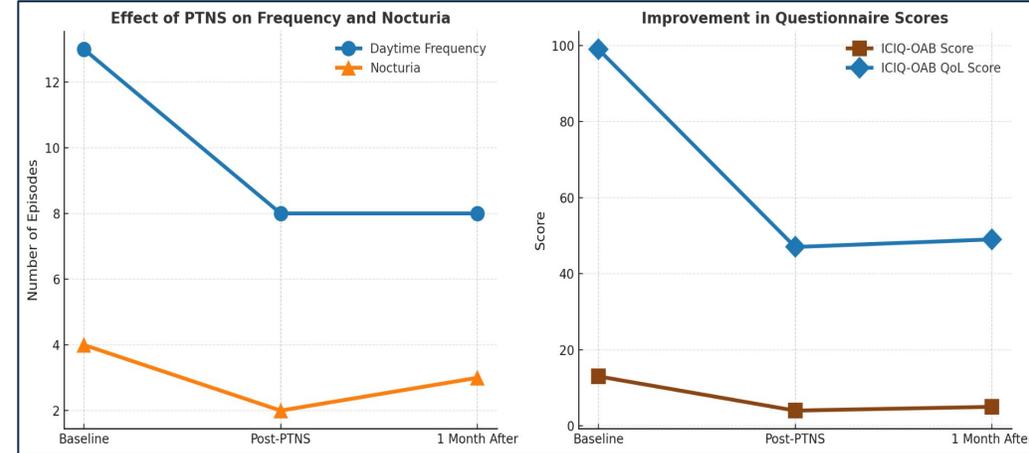
Study design, materials and methods



The treatment protocol consisted of 12 weekly PTNS sessions using the Medware Eclud Confident device, with each session lasting 30 minutes.

Results and interpretation

- **Daytime frequency:** Reduced from ≥ 13 voids/day at baseline to 7–9 voids/day after PTNS.
- **Nocturia:** Decreased from ≥ 4 to 2 episodes/night, sustained in 57% at 1-month.



- **ICIQ-OAB score:** Improved from 13 to 4 post-treatment, remaining 5 at 1-month.
- **ICIQ-OAB QoL score:** Improved from 99 to 47 post-treatment, stable at 49 at follow-up.

Conclusions

PTNS is a safe and effective treatment for refractory OAB, providing significant improvements in urinary symptoms and quality of life. Its excellent tolerability supports its role as a key non-pharmacological option in clinical practice, although further studies are required to confirm long-term efficacy and to define optimal maintenance regimens.